

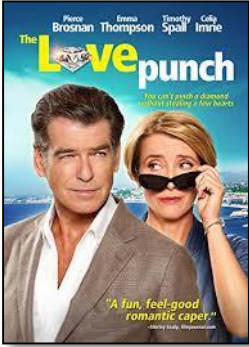
# Carlsbad Paradise Café by the Sea

## November 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Braised Beef Tips</b> Mushroom and Peppers Red Wine Sauce Mashed Potatoes Normandy Vegetables Wheat Bread, Fresh Fruit	<b>4</b> <b>Ham* &amp; Swiss</b> on Wheat, Pea Soup with Ham, Potato Salad, Lettuce, Tomato, Ice Cream with Pineapple  <b>HAPPY BIRTHDAY</b>	<b>5</b> <b>Liver &amp; Onions</b> Mashed Potatoes, Gravy, Corn, Tomato & Cucumber Salad, Sourdough Bread, Peach Cobbler <b>ALTERNATE SALAD</b> Spinach Salad with Bacon, Egg & Mandarins	<b>6</b> <b>Penne with Chicken</b> Sun-Dried Tomato Sauce, Caesar Salad, Garlic Bread, Tropical Fruit Salad	<b>7</b> <b>Philly Chicken Cheese Sandwich</b> Provolone Cheese, Onions & Peppers, Steak Roll, Roast Sweet Potatoes, Lettuce & Tomato Salad, Fresh Fruit
<b>10</b> <b>Pot Roast</b> Mashed Potatoes Carrots Biscuit* Spinach Salad Ambrosia	<b>11</b>  <b>Center Closed</b>	<b>12</b> <b>Salmon with Hollandaise Sauce*</b> Parsley Potatoes Green Beans Roll Apples with Caramel Drizzle	<b>13</b> <b>Meatloaf</b> Mashed Potatoes Mushroom Gravy Stewed Tomatoes, Peas & Carrots, Biscuit, Fruit Pie <b>Free Movie:</b> <b>"The Love Punch"</b> <b>1 to 3 p.m. - AUD</b>	<b>14</b> <b>Orange Rosemary Chicken Breast</b> Rice Pilaf Carrots Spinach Salad with Mandarin Oranges Wheat Bread Ice Cream
<b>17</b> <b>Coq Au Vin</b> Chicken in Red Wine Sauce Parsley Potatoes, California Vegetables, French Bread Apple Compote	<b>18</b> <b>Salisbury Steak</b> Sautéed Onions, Mushroom Gravy, Mashed Potatoes, Marinated Tomato Salad, Wheat Bread, Peach Cobbler <b>Movie: "Philomena"</b> <b>1 to 3 p.m. - TV Lounge</b>	<b>19</b> <b>Clam Chowder*</b> Tuna Salad, Croissant Lettuce & Tomato, Onion & Cucumber Salad, Tropical Fruit Salad <b>ALTERNATE SALAD</b> Chef Salad	<b>20</b> <b>Chicken Marsala</b> Bow-Tie Pasta Normandy Vegetables Marinated Beet Salad Garlic Bread, Ice Cream	<b>21</b> <b>Beef Stroganoff</b> Mashed Potatoes Carrots Spinach Salad with Cranberries & Oranges, Pudding
<b>24</b> <b>Spaghetti &amp; Sausage!</b> Marinara Sauce Parmesan Cheese Italian Vegetables Mixed Green Salad Garlic Bread, Sherbet with ½ Orange	<b>25</b> <b>Texas BBQ Beef*</b> Baked Sweet Potatoes Ranch Beans* Ranch Beans, Cranberry-Orange Slaw Texas Toast, Pudding	<b>26</b> <b>Thanksgiving Dinner</b> <b>Roast Turkey</b> Mashed Potatoes Gravy, Stuffing* Cranberry Sauce Broccoli Pumpkin Pie* with Whipped Cream	<b>27</b> 	<b>28</b> <b>SENIOR CENTER CLOSED</b>
 <b>Transportation Available</b> <b>Call 760-602-4650 for information</b>	<b>Bingo Every Tuesday – 1 p.m.</b> 			<b>Menu subject to change</b> <b>Reservations:</b> <b>760-602-4655</b> <b>! = 500+MG Sodium</b> <b>* = 300-500 MG Sodium</b> <b>Entrees with high sodium gravy can be served dry</b>

# Carlsbad Paradise Café by the Sea

## For information call: 760-602-4650



The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you **need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior** guests of seniors.

Every Wednesday we offer a salad as an alternate meal. Please specify in advance if you would like the entrée **or** the salad.



Advance reservations can be made in person, by calling

760-602-4655 or online at: [www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec). Please tell us which day(s)

you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling 760-602-4655.

Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call 760-602-4652.

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance. For all transportation reservations, call 760-602-4650.

Wednesdays, transportation alternates between shopping at Stater Bros./Trader Joe’s, and shopping at Walmart. Call 760-602-4650 for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.

**No eligible person will be denied a meal or transportation because of failure or inability to contribute.**

This program is supported by the City of Carlsbad,  
and the Older Americans Act funds through San Diego County Aging & Independence Services.

### **NOVEMBER SENIOR SPECIALS**

11/5 & 19	12:30 to 1 p.m.	“Caring Paws” Therapy Dogs Visit
11/6	1:30 to 3:30 p.m.	Monthly Dance: “The Credit Union Trio”
11/10	1 to 2:30 p.m.	Book Club: “Still Life with Bread Crumbs,” by Anna Quindlen
11/12	10 to 11 a.m. 1 to 2 p.m.	Photoshop - Masking iPad – Tips, Tricks, Your Questions
11/13	1 to 3 p.m.	Monthly movie: “The Love Punch”
11/15	9:30 to 11:30 a.m.	Watercolor Workshop: Techniques & Textures
11/18	10 to 11:45 a.m.	<b>Seminar:</b> The ABC’s & Part D of Medicare 2015
11/18	1 to 3 p.m.	Armchair Theatre: “Philomena”
11/19	10 to 11 a.m. 1 to 2 p.m.	Picasa - Projects Scanning Family Photos
11/20	10 to 11:30 a.m.	<b>Seminar:</b> Q & A with Your Local Cardiologist
11/26	11:15 to 11:45	Brain Games Before Lunch

*\* Free legal and physical therapy counsel is available by appointment only.*

***Further details available online or in the Seaside Buzz newsletter***